

Unconscious Material



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Personality



- ❧ **Personality** refers to individual differences in characteristic patterns of thinking, feeling and behaving.
- ❧ Personality is defined as the characteristic sets of behaviors, cognitions, and emotional patterns that develop from biological and environmental factors.

Theories of Personality



- ❧ Trait Theory
- ❧ Behaviorist Theory
- ❧ Psychoanalysis Theory

Psychoanalysis Theory



- ❧ Psychoanalysis is a type of therapy that aims to release pent-up or repressed emotions and memories in or to lead the client to catharsis, or healing. In other words, the goal of psychoanalysis is to bring what exists at the unconscious or subconscious level up to consciousness.
- ❧ Sigmund Freud is father of psychoanalysis



- ❧ Sigmund Freud 's psychoanalytic theory of personality argues that human behavior is the result of the interactions among three component parts of the mind: the id, ego, and superego.
- ❧ According to Freud, personality develops during childhood and is critically shaped through a series of five psychosexual stages, which he called his psychosexual theory of development.

Models of the Mind



☞ **The Topographic Model:** The starting point for understanding the Freudian approach is the division of the human personality into three parts. Freud originally divided personality into the conscious, the preconscious, and the unconscious. This division is known as the **topographic model**.



- ❧ The **conscious** contains the thoughts you are currently aware of. This material changes constantly as new thoughts enter your mind and others pass out of awareness. When you say something is “on your mind,” you probably mean the conscious part of your mind. However, the conscious can deal with only a tiny percentage of all the information stored in your mind.
- ❧ **Conscious:** This is where our current thoughts, feelings, and focus live.
- ❧ **Preconscious** (sometimes called the subconscious): This is the home of everything we can recall or retrieve from our memory.
- ❧ You could bring an uncountable number of thoughts into consciousness fairly easily if you wanted to. For example, what did you have for breakfast? Who was your third-grade teacher? What did you do last Saturday night? This large body of retrievable information makes up the **preconscious**.



- ❧ **Unconscious:** This is material to which you have no immediate access. According to Freud, you cannot bring unconscious thoughts into consciousness except under certain extreme situations.
- ❧ **Unconscious:** At the deepest level of our minds belong to a source of the processes that drive our behavior, including primitive and instinctual desires

The Structural Model



- ✧ **structural model**, which divides personality into the id, the ego, and the superego.
- ✧ According to Freud, our personality develops from the interactions among what he proposed as the three fundamental structures of the human mind: the id, ego, and superego. Conflicts among these three structures, and our efforts to find balance among what each of them “desires,” determines how we behave and approach the world

The Id



- ❧ “I want to do that now”
- ❧ This is the selfish part of you, concerned only with satisfying your personal desires.
- ❧ Actions taken by the id are based on the *pleasure principle*.
- ❧ In other words, the id is concerned only with what brings immediate personal satisfaction regardless of physical or social limitations.
- ❧ When babies see something they want, they reach for it. It doesn't matter whether the object belongs to someone else or that it may be harmful.

The Ego



- ❧ Maybe we can Compromise
- ❧ The actions of the **ego** are based on the *reality principle*. That is, the primary job of the ego is to satisfy id impulses, but in a manner that takes into consideration the realities of the world.



The Superego



- ❧ The **superego** represents society's – and, in particular, the parents' – values and standards. The superego places more restrictions on what we can and cannot do.
- ❧ Work on Moral Principles
- ❧ If you see a \$5 bill sitting on a table at a friend's house, your id impulse might be to take the money. Your ego, aware of the problems this might cause, attempts to figure out how to get the \$5 without being caught. But even if there is a way to get the money without being seen, your superego will not allow the action. Stealing money is a violation of society's moral code, even if you don't get caught.

Getting at unconscious material



At first glance, it would appear that segment fried created a problem for himself . If the most important psychological material is buried in the unconscious , How can psychologists study it ? Moreover how can a psychotherapist help his or her clients when the key to understanding the client's problems is unavailable for inspection ? Sigmund Freud maintained that strong Id impulses do not simply disappear when they are pushed out of consciousness . If psychologists know what to look for they can catch a glimpse of unconscious thoughts by observing seemingly innocent behaviours. The following are seven techniques of Freudian psychologist might use to get at unconscious material.

Dreams



- ∞ Freud called dreams the “Royal Road to the unconscious” .In 1900 published the “interpretation of Dreams” , presenting For the first time psychological theory to explain the meaning of these night time dreams . According to Freud , dreams provide Id impulses with a stage for expression . They are in fact a type of wish fulfillment; Our dreams represent the things we Desire .This is not to say that we want the unpleasant and frightening things we sometimes dream about to literally come true .Freud drew a distinction between the manifest content of a dream (What the dreamer sees and remembers / obvious meaning)And the latent content (What is really being said / hidden but true meaning)

Projective tests



- ☞ We have all played the game of finding images in cloud formation. One person might describe a sailboat, another sees the lion, and third can just make out a couple dancing the Tango. Of course there are no real pictures in the Clouds. Where are these images coming from? In Freudian perspective these responses are projections of material in the perceiver's unconscious mind. Projective tests present test takers with M biggest stimuli and ask them to respond by identifying objects, telling a story, or perhaps drawing a picture. The responses provide insight of the unconscious.

Free Association



- ❧ Clients must say whatever that comes to mind ,Regardless of how painful ,Silly aur irrelevant it may seem.
- ❧ Client must try to flow any feelings and thoughts freely .
- ❧ This is the basic tool used to open the door unconscious wishes, conflicts and motivation .
- ❧ Unconscious material will enter the conscious and the therapist will interpret it

Freudian Slips



☞ We all occasionally make slips of tongue .Husband my trip to his wife by her maiden name. These slips can be embarrassing and funny, but to Freud they represented unconscious association . The husband who uses his wife's maiden name unconsciously wish he had never married this woman .We call these misstatements Freudian slips.

Hypnosis



☞ Freud came to believe that the ego was somehow put into a suspended state during a deep trance, Which allowed the hypnotist to bypass ego and get directly to unconscious material.

Accidents



∞ In Freudian view, many apparent accidents are in fact intentional action stemming unconscious impulses. Freud might argue that you were expressing an unconscious desire to hurt your friend when you broke his or her prized possession . Clients who claim to accidentally forget their regular therapy appointment might be displaying but what Freud called resistance. Consciously, the clients believe they simply did not remember the appointment.

Symbolic behaviours



Just like the events we dream, many of our daily Behavior can be interpreted by Freudian psychologists as symbolic representations of our unconscious desires. Symbolic actions pose no threat to the ego because they are not perceived from what they are. But they may allow for the expression of unconscious impulses.